BEDTIME BASICS
SLEEP IN CHILDREN

HOW MUCH SLEEP DOES MY CHILD NEED?

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Total Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-12 months</td>
<td>12-16 hours including nap</td>
</tr>
<tr>
<td>1-2 years</td>
<td>11-14 hours including nap</td>
</tr>
<tr>
<td>3-5 years</td>
<td>10-13 hours including nap</td>
</tr>
<tr>
<td>6-12 years</td>
<td>9-12 hours</td>
</tr>
<tr>
<td>13-18 years</td>
<td>8-10 hours</td>
</tr>
</tbody>
</table>

PROMOTE GOOD SLEEP

- Exercise daily
- Avoid caffeine
- Stick to a bedtime routine
- Turn off screens one hour before bed
- Make the room cool, dark, and quiet

EFFECTS OF GOOD SLEEP

INCREASES
- Attention
- Memory
- Problem Solving
- Creativity
- Focus
- Emotional Regulation

DECREASES
- Behavior Problems
- Hyperactivity
- Irritability
- Forgetfulness
- Aggression
- Headaches
- Obesity
- Depression

Click here for more helpful tips!